

Pumpkin Soup

Makes: 4 servings

Ingredients

- 1 **can** white beans (15 ounce, rinsed and drained)
- 1 onion (small, or 2 tsp. onion powder)
- 1 **cup** water
- 1 **can** pumpkin (15 ounces, plain)
- 1 **can** chicken or vegetable broth, low-salt (14.5 ounces)
- 1/2 **teaspoon** thyme (or tarragon)
- salt and pepper (optional, to taste)

Directions

1. Blend white beans, onion, and water.
2. In a soup pot, mix bean puree with pumpkin, broth, and spices.
3. Cover and cook over low heat about 15 to 20 minutes until warmed through.

Source: University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Nutrition Information

Nutrients	Amount
Calories	150
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	320 mg
Total Carbohydrate	27 g
Dietary Fiber	10 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	11 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	